



The Guiding Star

H.J.B. Elementary Guidance and
Counseling Program Newsletter



Spring 2012

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Trophy Winners

The Guiding Star Trophy is awarded to the following classes for the best behavior, 3rd advisory :

5th- Mrs. Cockrell
4th- Mrs. Engel
3rd- Mrs. Kisner
2nd- Mrs. Harold
(and Mrs. Kidwell group)
1st- Mrs. Platter
K- Mrs. Ebersold

Congratulations to all the peaceable students in these classes!!!!

Last Round of Groups Forming

New guidance groups are forming for the last marking period. Groups meet once a week during "specials". Some topics are:

Kindergarten—social skills (play group)

First Grade— "Cool Cats", handling frustration

Second Grade— friendship

Third— managing feelings

Fourth-communication and coping skills

Fifth— problem solving skills

School Counseling Caseload

This year 25% of the school population at HJB has received counseling either in a small group, individually 1 to 2 times weekly, or as a one time drop-in. This means 130 students have been counseled so far this year. There are usually 30 students being followed every week.

Virginia Standards for elementary school counseling requires that 60%

of a "Guidance" counselor's time be spent counseling students. The remaining 40% is suggested for classroom Guidance lessons, consulting with families and teachers about individual students, responding to immediate needs of a student in crisis, and coordinating referrals to appropriate agencies. Three hours per week are assigned to bus and cafeteria supervision.

"Wise Guys" is a new Guidance Group

With the popularity of the Girl Power Group growing, fifth grader, Jake Taylor asked why there wasn't a "boy power" group. He wasn't actually being a wise guy when he said this so I investigated the interest among fourth and fifth graders and found that many boys wanted what the girls had. Two new groups with 5-8 boys in each are now being formed, one with fourth and one with fifth grade boys. In the group "Wise Guys", participants learn to use effective communication skills through group discussions and problem solving. They will be given challenges that will require cooperation in order to achieve a group goal. The purpose is to help build self-esteem, meet challenges with thoughtful consideration, and not to act on an impulse or to behave like what we typically call "a wise guy".

Love and Logic Parenting ideas—www.loveandlogic.com

Great parents are extremely careful to set only the limits they know they can enforce. They remember this important rule for setting limits: Never tell a stubborn child what to do. Instead, describe what you will do or allow. Dr. Charles Fay tells parents to keep parenting simple by being consistent with the limits

set and using empathy instead of anger. Consequences preceded by empathy help children learn cause and effect. Consequences preceded by anger and lectures help children learn to be resentful. To receive email from Love and Logic, add this to your safe sender list: (reply@loveandlogicnews.com)

Red Ribbon Week Celebration Activities

Red Ribbon week is celebrated every year at the end of October to reinforce the idea of making healthy choices for our bodies and never to ingest anything that will cause harm. The students at HJB, grades second through fifth, pledged to be “drug free”. On the bulletin board in the hallway leading to the gym, a large sailboat, called the Friendship was placed with the pledge “to be drug free” written on a banner. The students and teachers signed the sail. First graders and Kindergarteners had their names written on it also as a way to symbolize that the adults in the school

pledge to guide each to make healthy choices.

The Warren Coalition brought to our school a puppet show performed by the Youth in Action. All of the first and some of fourth and fifth grade attended. The topic was on being responsible.

On Friday, we had our first Balloon Stomp, also brought to us by the Warren Coalition directors Denise and Krista. This was a fun activity wherein the students took turns stomping on red balloons, signifying the stomping out of drug abuse. Students first had to answer a question

related to anti-drug education that they learn in DARE. Inside each balloon was a piece of paper with a name of a prize written on it.

Every student received a red ribbon wrist band this year. It read “We Rule, a We’re a Drug Free School”!



Star Guidance Awards

This year classes are awarded a “Guiding Star” trophy, one in each grade level, for being the best at showing kindness, respect, and knowing information from their Guidance lessons. They are said to be the “guiding stars” for the rest of their peers. They never use unkind words or actions, they are respectful, and help themselves and others do their best work during guidance classes.

The winners of the trophies for this nine weeks go to these classes:

Fifth Grade: Mrs. Turner

Fourth Grade: Mrs. Falkenstein

Third Grade: Mrs. Lynn

Second Grade: Mrs. Harold

First Grade: Mrs. Mishler

Kindergarten: Mrs. Ebersold

Congratulations students!!!

Parent Conferences

Do you want a conference with the school counselor to discuss an issue your child may be having? Mrs. Gallinger is available Monday and Wednesday from 8:00-9:00 AM and during the teacher parent conference day, 11/7/11 5-7pm.

Please call 622-8090 ext. 308 for an appointment.

Be a Groupie—Small Guidance Groups- Making big changes

Participation in any group is voluntary, will take the place of one “special” a week for 4-6 weeks, and requires parental permission.

Here is a sampling of themes:

Pickle Pals: This is essentially a guided play group to help develop positive social skills for grades K-2.

Changing and Rearranging: Share with and learn from others how to cope with changes in the family. In-

cludes coming to a new school, adjusting to a divorce of parents, or adjusting to additions to a family. This could also be a group to help cope with the loss of a family member.

Cool Cats: (1st and 2nd graders) They meet Chester the Cat and learn from him to “Be Cool”. Three reactions to anger are portrayed by Chester as he shows them how to release anger. And **Cool Cats II** for those who had Cool Cats in first grade.

GIRL POWER: For girls in upper grades to learn to be leaders by practicing team building and assertiveness skills.

AIM: Take aim at anger and anxiety. AIM stands for “Anger/anxiety Is Manageable”. Learn strategies to help you cope with these strong feelings.

Let your child’s teacher know if you would like your child to participate in one of these groups.